



# FEBRUARY NUTRITION CLASSES

## NEW DIETARY GUIDELINES



The Department of Health and Human Services and the Department of Agriculture unveiled a new inverted food pyramid that prioritizes protein and full-fat dairy, while putting whole grains at the bottom. This month we will be looking at the new guidelines so that we can make the best possible choices for our health and wellness for the upcoming new year.

### Via Zoom

*Monday, February 2nd, February 9th & February 23rd*  
**11:00am-11:45am**

### Ralph and Jenny Center

*Monday, February 2nd, February 9th & February 23rd*  
**12:30pm-1:30pm**

### Holland Street Center

*Wednesday, February 4th, February 11th & February 25th*  
**10:00am-10:45am**

*For more information on any of the classes, consults or to schedule an appointment, contact Mary at [Headtofitness10@yahoo.com](mailto:Headtofitness10@yahoo.com) or call 617- 625-6600 ext.2316*

*The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at [languageaccess@somervillema.gov](mailto:languageaccess@somervillema.gov) or call 311 (617-666-3311) at least 7 days in advance of this event.*

*Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or [apomeroy@somervillema.gov](mailto:apomeroy@somervillema.gov).*